



Bozeman Resource Guide

for Individuals Recovering from
Heart Disease or Stroke



• Bozeman •

Resource Guide for Individuals Recovering from Heart Attack or Stroke

If you have been diagnosed with coronary artery disease or experienced a heart attack or stroke, you are at an increased risk of having future events. Procedures to treat cardiovascular disease do not cure it, so it's very important to work on the things that contributed to the development of the disease often referred to as risk factors. Risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. In addition to these risk factors, the presence of atrial fibrillation and TIAs (mini strokes) are major risk factors for stroke. Lifestyle changes, combined with medical care, can help you to improve these factors and reduce your risk of heart attack or stroke. This resource guide provides information on programs and services in the Bozeman area to help you make these lifestyle changes.

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This document is also posted on the
Montana Cardiovascular Health Program web site at:

<http://montanacardiovascular.mt.gov>

Cardiac Rehabilitation

Cardiac rehabilitation (rehab) is a supervised program that includes therapeutic exercise, education and emotional support for people who have had a heart attack, bypass surgery or other type of heart problem. Cardiac rehab is medically supervised and individually designed to enhance your quality of life. The goal is to educate you about your disease and help you return to, and maintain, your best possible physical and emotional health. Cardiac rehab usually begins 1-4 weeks after hospital discharge. Physician referral is required, and the fees are covered by most health plans.

BOZEMAN DEACONESS HOSPITAL CARDIAC PULMONARY REHABILITATION & ADULT HEALTH AND WELLNESS*

905 Highland Blvd.

Bozeman, Montana 59715

Phone: (406) 585-5040 Fax: (406) 522-1662

www.bozemandeaconess.org

Manager, Terry Dutro, RN, BC, BSN

*American Association of Cardiovascular and Pulmonary
Rehabilitation Certified

LIVINGSTON HEALTHCARE CARDIAC REHABILITATION

504 South 13th

Livingston, Montana 59047

Phone: (406) 222-5059

Fax: (406) 222-5066

www.livingstonhealthcare.org

Manager: Christine Usher, RN

STROKE REHABILITATION

Stroke rehabilitation is an individualized, medically supervised program that assists with recovery from a stroke. A team approach is used, which includes Physical Therapy, Occupational Therapy and Speech Therapy. The goal is to return to independent walking and activities of daily living, as well as recovery from any changes that can occur related to swallowing, speech or cognition. Rehabilitation sessions are individualized to each person's needs to help recover their physical and emotional health. Physician referral is required, and fees are covered by most health plans.

BOZEMAN DEACONESS HOSPITAL REHABILITATION SERVICES

905 Highland Blvd.

Bozeman, Montana 59715

Phone: (406) 585-1002; Fax: (406) 522-1662

www.bozemandeaconess.org

Manager: Colleen Hatcher, PT



DIABETES MANAGEMENT PROGRAMS

Diabetes management programs teach individuals how to manage their diabetes to minimize health complications. Diet, exercise, medication management and glucose monitoring are some of the topics covered. Staff members include nurses and registered dietitians with special training and experience in diabetes management. Individual and group classes are available. Physician referral is recommended, and fees may be covered by some health plans.

BOZEMAN DEACONESS HOSPITAL DIABETES CENTER

120 N. 19th St Suite D

Bozeman, Montana 59718

Phone: (406) 522-4600; Fax: (406) 522-4656

GALLATIN COMMUNITY CLINIC

214 E. Mendenhall

Bozeman, Montana 59715

Phone: (406) 585-1360

M-W-F 8am-5pm; and T-Th 8am-7pm

Director: Buck Taylor

NUTRITION EDUCATION/COUNSELING

Your doctor may recommend nutrition counseling for cholesterol reduction, weight control or diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly. The counseling is usually individual but may include group classes with topics related to portion control, label reading and goal setting. Physician referral is recommended, and fees may be covered by some health plans.

BOZEMAN DEACONESS HOSPITAL CLINICAL NUTRITION EDUCATION AND COUNSELING

120 N. 19th St Suite D
Bozeman, Montana 59718
Phone: (406) 522-4600

SUPPORT GROUPS

MENDED HEARTS, INC.

Gallatin Chapter #75
Bozeman Deaconess Hospital
Cardiac & Pulmonary Rehabilitation
Phone: 1-888-432-7899 (toll free)
Phone: Cardiac Rehab Unit @ (406) 585-5040
www.mendedhearts.org

Mended Hearts is a nonprofit organization dedicated to inspiring hope in heart disease patients and their families. Partners with hospitals and rehabilitation clinics to help those affected with heart disease have a positive patient-care experience. Provides a visiting program, group support meetings and educational forums.

PHYSICAL ACTIVITY

These programs and facilities can help you improve your health by increasing your physical activity level. Be sure to check with your physician before starting a physical activity program.

ALTA PHYSICAL THERAPY & FITNESS

2430 N. 7th Ave. #2
Bozeman, Montana 59715
Phone & Fax: (406) 586-2772

BODY IN BALANCE PILATES STUDIO

612 E. Main St. Suite B
Bozeman, Montana 59715
Phone: (406) 522-4054

BOZEMAN DEACONESS HOSPITAL

Cardiac and Pulmonary Rehabilitation & Adult Health and Wellness

905 Highland Blvd.
Bozeman, Montana 59715
Phone: (406) 585-5040; Fax: (406) 522-1662
www.bozemandeaconess.org
Manager: Terry Dutro, RN, BC, BSN

BOZEMAN HOT SPRINGS AND SPA FITNESS CENTER

81123 Gallatin Rd. U.S, Hwy 191
Bozeman, Montana 59718
Phone: (406) 586-6492

BOZEMAN SENIOR CENTER

807 North Tracy
Bozeman, Montana 59715
Phone: (406) 586-2421
www.montanaseniorcenter.org

CURVES FOR WOMEN

1928 North 22nd Ave., Suite 2
Bozeman, Montana 59718
Phone: (406) 522-8251
www.curves.com

CURVES FOR WOMEN

186 Garden Dr. Suite 101
Bozeman, Montana 59718
Phone: (406) 582-9496
www.curves.com

PHYSICAL ACTIVITY

FIT FLOW PILATES

612 E. Main St., Suite B
Bozeman, Montana 59715
Phone: (406) 579-3876
www.fitflowpilates.com

GOLDS GYM

1605 W Main St.
Bozeman, Montana 59715
Phone: (406) 522-7777

MAIN STREET GYM

27 E. Main St.
Bozeman, Montana 59715
Phone: (406) 556-2200

NANCY RUBY'S YOGAMOTION EMERSON CULTURAL CENTER

111 S. Grand Ave., Suite 285
Bozeman, Montana 59715
Phone: (406) 585-9600
www.yogamotion.com

PEAK BODIES PILATES

600 N. Wallace
Bozeman, Montana 59715
Phone: (406) 586-7325
Fax: 406-586-0740
www.peakbodies.com

SNAP FITNESS

85 West Kagy
Bozeman, Montana 59715
Phone: (406) 586-0240
Bozeman@snapfitness.com

THE RIDGE DOWNTOWN

111 E. Mendenhall
Bozeman, Montana 59715
Phone: (406) 586-0077

THE RIDGE ATHLETIC CLUB

4181 Fallon Ave.
Bozeman, Montana 59715
Phone: (406) 586-1737
www.ridgeathletic.com

THE CLUB IN BOZEMAN

448 E. Main
Bozeman, Montana 59715
Phone: (406) 587-8866
www.theclubinbozeman.com

YOUNG AT HEART

Eagle Mount-Bozeman
Includes water exercise programs
6901 Goldenstein Lane
Bozeman, Montana 59715
Phone: (406) 586-1781
www.eaglemount.org



PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

There is help available for people who have no insurance and can't afford to purchase their medicines. Below is a list of resources that will help with the high cost of prescription medications. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free or at a reduced charge to patients who cannot afford necessary medicines. The sources below can help you determine whether your medicines fall under this type of program.

NEEDYMEDS.COM

www.needymeds.com

Phone: (215) 625-9609

Services Provided:

This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The web site has a listing of pharmaceutical company programs, medications and applications for many programs. NeedyMeds is an information source, not a program itself.

MEDICARE PART D

www.dphhs.mt.gov

1-800-MEDICARE

Services Provided:

To learn more about the Medicare-sponsored drug insurance program, call 1-800-MEDICARE or the State Health Insurance Assistance Plan at 1-800-551-3191.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Phone: 1-888-477-2669

<http://www.pparxmt.org/>

Services Provided:

Drug companies, doctors, health care providers, patient advocacy organizations and community groups have combined resources to help qualified uninsured people get free prescription medications.

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

BIG SKY RX

Phone: 1-866-369-1233

Services Provided:

Big Sky Rx will help pay premiums for some Medicare beneficiaries who are enrolled in the prescription drug plan created by Medicare – Medicare Part D. For more information, call the number above or write to: Big Sky Rx, P.O. Box 202915, Helena, MT 59620.

GALLATIN COMMUNITY CLINIC

214 E. Mendenhall Street

Bozeman, Montana 59715

Phone: (406) 585-1360

M-W-F 8am-5pm; and T-Th 8am-7pm

Director: Buck Taylor

www.chphealth.org

Services Provided:

Call to find out more about prescription drug coverage and assistance programs.

TOGETHER RX

Phone: 1-800-444-4106

www.TogetherRxAccess.com

Services Provided:

The Together Rx Access program was created as a public service to provide savings on prescriptions for eligible residents who have no prescription coverage.



SMOKING CESSATION PROGRAMS

If you smoke or use tobacco products, QUIT! Smoking increases the risk of heart attack and stroke. The use of tobacco products may also lead to the development of lung, laryngeal and other cancers. The more you smoke, the higher your risk of developing chronic disease. When you stop, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

TOBACCO QUIT LINE

Montana Tobacco Use Prevention Program

Phone: 1-866-485-QUIT (7848)

Services Provided:

The Tobacco Quit Line is a free telephone service for all Montana residents. Smokers, chewers, family members and health care providers are all welcome to call for tobacco cessation information. The program includes coaching sessions, individualized quit plans and nicotine replacement therapy. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.

TOBACCO FREE GALLATIN

404 W. Main

Bozeman, Montana 59715

Phone: (406) 522-6049

Program Coordinator: Rick Gale

tobaccofreegallatin.org

Services Provided:

Tobacco Free Gallatin is a program which increases public awareness, distributes educational materials, tracks public ordinances, and collaborates with Bozeman Deaconess on smoking cessation classes.

SPECIALISTS

CARDIOLOGY

CARDIOLOGY CONSULTANTS OF BOZEMAN PC

Blair Erb, Jr. MD, FACC

Dane Sobek, MD, FACC

Anderson Mehrle, MD, FACC

905 Highland Blvd., Suite 4330

Bozeman, Montana 59715

Phone: (406) 522-3959

NEUROLOGY

INTERMOUNTAIN NEUROLOGY

Sherry Reid, MD

205 Haggerty Lane, Suite 200

Bozeman, Montana 59715

Phone: (406) 922-2770

BOZEMAN DEACONESS NEUROLOGY

Vernon H. Kirk, Jr. MD

905 Highland Blvd. Suite 4500

Phone: (406) 522-2410



GALLATIN COMMUNITY CLINIC

214 E. Mendenhall

Bozeman, Montana 59715

Phone: (406) 585-1360

M-W-F 8am-5pm; and T-Th 8am-7 pm

www.chphealth.org

Director: Buck Taylor

Services Provided:

A variety of primary and preventative health care services are available to people who may not be able to afford health care.

BOZEMAN SENIOR CENTER

807 North Tracy

Bozeman, Montana 59715

(406) 586-2421

Services Provided:

The mission of the Bozeman Senior Center is to provide social, educational, nutritional and health-related services to individuals over the age of 50 living in Gallatin County.



SPECIALTY CLINICS & PROGRAMS

MEDICAID WAIVER CASE MANAGEMENT SERVICES

Human Resource Development Council

32 South Tracy

Bozeman, Montana 59715

Phone: (406) 586-3134

M-F 8am-5pm

Services Provided:

Case management provides coordination of services, such as homemaker services, life line, nutrition, transportation and minor home modifications for the elderly and disabled so that they may stay in their homes as long as safely possible. Must be Medicaid eligible.

HUMAN RESOURCE DEVELOPMENT COUNCIL (HRDC)

32 S. Tracy

Bozeman, Montana 59715

Phone: (406) 587-4486 Fax: 406-585-3538

M-F 8am-5pm

www.thehrdc.org

Services Provided:

HRDC is a referral source for many agencies that specialize in affordable housing, case management, community development, emergency housing, energy assistance, energy conservation and food assistance.



MSU EXTENSION FOOD & NUTRITION OFFICE

101 Romney

PO Box 173360

Bozeman, Montana 59717-3360

Phone: (406) 994-570

M-F 8 am-5 PM

www.montana.edu/extensionnutrition/

Services Provided:

An educational resource dedicated to improving the quality of people's lives by providing research-based knowledge on food and nutrition; promoting health and preventing disease; food safety; nutrition education programs; Montana food and nutrition services; and information resources – diabetes, recipes, supplements, food labels, nutrients, diet analysis, etc.

HEALTH INFORMATION CENTER

BOZEMAN DEACONESS HOSPITAL

915 Highland Blvd.

Bozeman, Montana 59715

Phone: (406) 522-1644

Email: healthinfo@bdh-boz.com

www.bozemandeaconess.org

Services Provided:

The Health Information Center goal is to provide access to reliable consumer health information. Topics include wellness, prevention, specific disease and conditions, and general health related issues. Takes phone and email requests.

CONSUMER HEALTH INFORMATION & WEBSITES

American Council on Exercise

www.acefitness.org/fitfacts/

American Dietetic Association

www.eatright.org

American Heart Association

www.americanheart.org

American Stroke Association

www.strokeassociation.org

Montana Association of Cardiovascular & Pulmonary Rehabilitation

www.angelfire.com/mt2/macvpr/

Montana Cardiovascular Health Program

<http://montanacardiovascular.mt.gov>

Montana Dietetic Association:

www.montanadieteticassociation.org

Bozeman Deaconess Hospital

www.bozemandeaconess.org

Social Security Administration

www.socialsecurity.gov

USDA Food Guide Pyramid

www.mypyramid.org

SIGNS OF HEART ATTACK AND STROKE

It is extremely important to be aware of the warning signs of a heart attack or stroke. Treatments are available to reverse the detrimental effects but can only be initiated within a short period of time after symptom onset. Familiarize yourself with the following warning signs recognized by the American Heart Association:

Heart Attack:

Symptoms can come on quickly with intense pain or discomfort. However, symptoms commonly start out less intense, leading some to believe it is not an emergency. Common symptoms include:

- Chest discomfort
- Pain or discomfort in the shoulders, arms neck or jaw
- Shortness of breath
- Nausea
- Lightheadedness
- Sweating

Stroke:

Symptoms of stroke are usually characterized by a rapid onset. Many times, individuals having a stroke are confused and may not understand what is happening. Common symptoms include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you or someone you witness experience one or more of these symptoms, **call 911** immediately.

ACKNOWLEDGEMENTS

The Montana Cardiovascular Health Program would like to thank the following individuals for their time and help in assembling this resource guide: Terry Dutro, RN, BC, BSN and Jan Davis.

QUESTIONS

If you have questions about this resource guide, contact:

Marilyn McLaury, M.S., R.D.
Montana Cardiovascular Health Program
Montana Department of Public Health & Human Services
P.O. Box 202951
Helena, MT 59620
Phone: (406) 444-6968
Fax: (406) 444-7465
E-mail: mmclaury@mt.gov

WHAT DO YOU THINK?

Please take a moment to answer a few questions about the usability of this Bozeman area guide.

1. Was this guide useful? ☐ Yes ☐ No

2. Which sections did you use as a reference?

- ☐ Cardiac Rehab and Stroke Rehab Facilities
- ☐ Diabetes Management Programs
- ☐ Nutrition Education/Counseling
- ☐ Support Groups
- ☐ Physical Activity
- ☐ Prescription Drug Patient Assistance Programs
- ☐ Smoking Cessation
- ☐ Specialty Clinics & Support Services
- ☐ Consumer Health Information

3. What other kinds of information would be useful to include in this guide?

4. Other comments or suggestions:

Please return this form to: Marilyn McLaury, M.S., R.D.
Montana Cardiovascular Health Program
Montana Department of Public Health
& Human Services
P.O. Box 202951
Helena, MT 59620-2951
Fax: (406) 444-7465

If you return this completed form by DECEMBER 31, 2008 and include your name and address, you will receive a free pedometer.

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